



10 in 10 Week Two Cardio Circuit

Cardio Kickboxing

Fight for Your Health!

The next week will focus on kickboxing moves that strengthen your heart and boost your energy. Perform the moves to the best of your abilities and try to maximize your focus on keeping your abs and fists tight throughout every move.



0:00-1:00 Strong Step

Step right foot out to side, bring left toe in and tap floor

Step left foot out to side, bring right toe in and tap floor

Keep arms in L-shape

Each time you step out, open arms wide

Each time you tap toe, close elbows in front of chest

1:00-2:00 Front Kick

Arms at L-Shape, elbows face front at chest-level

Bring right knee up and then kick right foot out in front of you

Pull elbows down towards knee each movement

Kick strong and keep abs tight to control move

Alternate right and left kicks for 1 minute

2:00-3:00 Cross Punches

Step feet little past hip-width apart

Bend knees slightly and tighten abs

Fists tight and hands in front of face

Alternate punching to the right and left across the body for 1 minute

3:00-4:00 Boxer Shuffle

Lower into a squat with legs past hip-width apart

Move in 4 counts from right to left by shuffling feet in little movements

Stay in the squat for the best results

4:00-5:00 Side Kicks

Arms stay in strong fists in front of face

Turn left foot out and lean upper body to left as you kick right leg out to side

Step right foot down in a turn-out position as you lean upper body to right

Kick left leg out to side

Continue kicking side to side for 1 minute

**For balance help, hold onto a chair in front of you

5:00-6:00 Triple Jab Cross

Start with strong fists in front of face

Do three quick steps to the right as you jab-punch 3 times with right arm

Immediately pivot left foot and cross-punch left arm over body to the right side

Do three quick steps to the left as you jab-punch 3 times with left arm

Immediately pivot right foot and cross-punch 1 time with right arm over body to left side

Repeat movement going to right and then to left for 1 minute

6:00-7:00 Jump Rope

Pretend like you are holding a jump rope (move arms in circles and jump high)

Perform movement for 1 minute

(Tip: If jumping is too much right now, just do small squats until you get stronger!)

7:00-8:00 Reverse Kick

Lower into a squat with feet shoulder-width apart

Lean upper-body forward and keep back strong

Alternate picking feet up and kicking heel towards the back of the room

Squeeze rear and keep abs tight

8:00-9:00 Duck

Lower into a squat stance, keep fists in front of face

Contract your abs as you duck down (like you are ducking from a punch)

Swing to come up on the right side

Then duck down and swing up to left side

Repeat side-to-side for 1 minute

9:00-10:00 Strong Step Cool down

Repeat first move with less intensity. Take deep breaths and check your heart rate!

10 in 10 Week Two Strength Training Circuit

Remember to warm up and stretch. Do each movement for 60 seconds with 15 second transitions between exercises.

Week 2

Supine Dumbbell Chest Press – 60 seconds



Lie on your back with your arms straight out in front of you perpendicular to the floor.

With dumbbells in hand lower your arms down to the ground so that your elbows almost touch the floor.

Press straight back up to your original position.

Standing Band Row – 60 seconds

Attach band to a fixed object

Stand with your body straight up and down with a split stance

Make sure you have enough tension on the band

Pull the band back like you are rowing a boat

Squeeze your shoulder blades together on the contraction

Overhead Band Tricep Extension – 30 seconds each side

With feet shoulder width apart stand on one end of band

With one hand grab band behind your back with your elbow in the air

Extend arm all the way above your head and repeat

Band Shoulder Raise – 60 seconds

Stand on band with one foot

Feet should be shoulder width apart

With arms slightly bent at elbows and holding the band in both hands, raise your arms out to your side to about shoulder level

Return to starting position of hands by your sides and repeat

Reverse Lunges – 60 seconds

Begin in a standing position

Step back with one foot and bend down into a traditional lunge position

Be sure to keep your torso upright

Both knees should be at a 90 degree position

Most of your weight should be on the leg that is forward

Remember that your knee should not be over your toe and you should push back up with your whole foot not just your toes

Alternate between legs

Crunch (Feet up) – 60 seconds

Lie on your back in a supine position with you feet up in the air, bent at the knee

With your hand straight up in the air, reach for the ceiling

Make sure you engage your abdominal muscles for each repetition

Sumo Squat – 60 seconds

Stand with feet wider than shoulder width like a sumo wrestler

Toes will be slightly pointed out

Keep torso upright and lower yourself into a squat position just above 90 degrees

Push yourself back up to starting position and repeat

Leg Lifts – 60 seconds

Lie in a supine position on the floor with your knees bent and hands under your butt

Lift your legs up so that your thighs are perpendicular with the ground

Return legs to starting position but do not let your feet touch the ground and repeat

10 in 10 Week 2 Nutrition Tips

Ten New Foods to Try – Part One

Are you in a rut with your meals and snacks? Try a few new foods to break the boredom and keep you on track with your healthy eating efforts – it's a chance to enjoy exciting, new flavors and a new set of health benefits! These foods aren't brand-new in the supermarket, but they may be new *to you*.

This week: Five new fruits and vegetables. Next week: new grain, dairy and protein foods.



1. Asian Pear

Asian pears offer the crunchiness of an apple with the juiciness of a pear and they're filled with fiber, vitamins and minerals. Grown in the U.S., their color varies from yellow to brown and the skin may be smooth or speckled. Eat Asian pears whole like an apple or pear or slice/shred them for salads and slaw. Since one Asian pear is fairly large, it typically counts as 1 ½ to 2 fruit servings for the day!

2. Cannellini Beans

A "gourmet" version of great northern beans, canned cannellini beans are actually white kidney beans. They're filled with cancer and heart disease fighting fiber, protein, vitamins and minerals. Add cannellini beans to mixed green salads, pasta dishes, soups, stews and chili or make homemade dip like hummus (*see White Bean Dip recipe below*). Reduce the sodium by draining and rinsing.

3. Ready-to-Cook Kale and Collard Greens

You constantly hear "eat more dark green leafy vegetables." Now there's an easy way – convenient, ready-to-cook packages of kale, collard, mustard or turnip greens in the produce section. No more cleaning or cutting! These leafy greens can be added to soups and stews or sautéed and added to pasta dishes or eaten as a side dish. (*Check the www.wereinshape.com recipe exchange for Kale with Apples & Onions recipe*). Dark green leafy veggies are low in calories (about 40 calories in ½-cup cooked), yet filled with fiber, vitamin K (for bone health and blood clotting) and vitamins A and C (antioxidants for immunity and bone, skin and eye health).

4. Edamame

Edamame (ed-a-MAH-may), the Asian word for green sweet soybeans, is one of the most kid-friendly veggies available. It's sweet, slightly crunchy and available in the pod or already shelled. Look for bags in the freezer case or tray-packs in the fresh produce department. Edamame is a balanced blend of complex carbohydrates, heart-healthy fats and bone and muscle-building protein – more protein than other beans. Soy protein has been shown to help lower cholesterol and keep your heart healthy. Try edamame in stir fry, pasta dishes, vegetable side dishes or in salads. *(Try Asian Sweet and Sour Bean Salad recipe in the Recipe Exchange.)*

5. Ugli fruit

Yes, it's shriveled and unattractive, but it tastes incredible - tart, yet sweet and resembling a mix of tangerine, orange and grapefruit flavors. It's next to other citrus in the produce department. Ugli fruit is high in antioxidant vitamin C, is a good source of fiber and contains phytonutrients shown to help reduce the risk of heart disease. Use Ugli fruit just like oranges or grapefruit. Simply peel and eat, add to tossed green salads or mix with fresh fruit salads. One Ugli fruit is large, so you can usually count it as two fruit servings.

Super Bowl Party Winning Recipe

White Bean Dip

Let your guests taste this nutrient-rich, flavor-filled dip first before telling them it's basically homemade hummus! You can use any combination of white beans – cannellini, garbanzo (chickpeas) or great northern beans. Serve with baked pita chips, whole grain crackers or fresh vegetables. Customize with add-ins: roasted red pepper, Parmesan cheese, roasted garlic, black or green olives, sundried tomatoes, lemon zest, fresh dill, and/or chives.

1 can (15 oz.) cannellini beans (white kidney beans), drained and rinsed

1 can (15 oz.) great northern beans, drained and rinsed

2/3 cup chopped green onion

2 finely chopped garlic cloves or 1 to 2 teaspoons ready-to-use minced garlic

4 tablespoons lemon juice

2 tablespoons tahini (sesame paste)

¼ teaspoon ground cumin

¼ teaspoon black pepper

1 tablespoon olive oil

¼ teaspoon salt

1. Place all ingredients in food processor bowl and pulse until smooth and thoroughly blended.
2. Serve immediately; refrigerate leftovers.

Makes about 2 ½ cups (about 10 servings of ¼ cup each)

Nutrition facts for ¼ cup:

115 calories, 6 g protein, 17 g carbohydrate, 3 g fat, 0.5 g saturated fat,

0 mg cholesterol, 300 mg potassium, 1.5 mg iron, 50 mg calcium, 155 mg sodium,

5 g fiber.